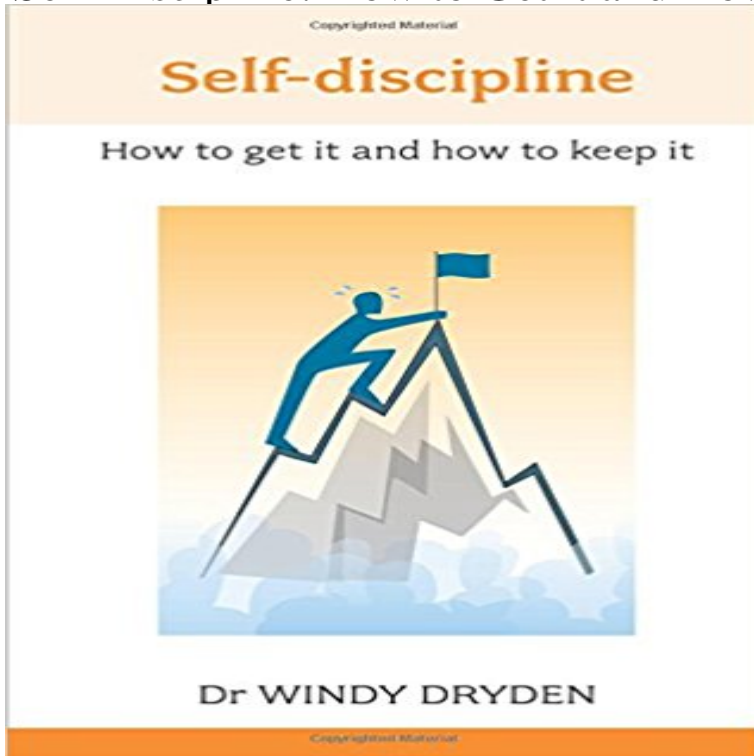


Self Discipline: How to Get it and How to Keep it



In this book, self-discipline means committing yourself to long-term goals, and working towards them even at the expense of shorter term goals. Using cognitive behavioural therapy (CBT) techniques, it looks at the skills and beliefs needed.

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